

IMProVE

Inclusive Methods in Professional
Volunteering in Europe



VOLUNTEERING



IS FOR EVERYONE!



Co-funded by the
Erasmus+ Programme
of the European Union





VOLUNTEERING IS FOR EVERYONE!

Volunteer work is doing something good for others, and for the community.

Volunteer work is your choice.

That means you do not have to do it.

YOU OFFER YOUR TIME.

You can decide how often and for how long you do it.

For volunteer work you don't get paid money.

People who do volunteer work are called volunteers.

YOU CAN BECOME A VOLUNTEER!

This photobook shows you what you can do.

Volunteering makes you feel more useful.

Volunteering makes you happy.

Volunteering makes you strong.





HELPING THE NEIGHBOURS

“I like being in nature, so I help a widow with the gardening.”

Stefan Laszak / Germany





HELPING AT THE ANIMAL SHELTER

“I do volunteer at a dog shelter, where I help to clean the space, to walk the dogs and to take care of them. I just love it.”

Carlos Ferreira / Portugal





“I help clean up garbage in nature“.
Stanislav Šuryček / Czech republic



CLEANING UP NATURE



HELP TO RAISE MONEY FOR AN ORGANIZATION

“Every year I participate as a volunteer in Pirilampo Mágico Campaign to create awareness in the community to the cause of Intellectual Disability. It’s very important to me to reach the persons and make them contribute to the campaign.”

Fernando Afonso / Portugal





HELPING OUT AT A LOCAL SPORTS EVENT

“I love sports and I enjoy helping at sporting events“.
Miroslav Malý / Czech republic





“One of the most important activities of my life is to volunteer two times a week in the fire brigade, cleaning the vehicles. I feel part of the team and they even gave me a uniform.”

Jacinto Nunes / Portugal

SUPPORTING THE LOCAL FIRE BRIGADE



“I live in the Residential Home in CERCIOEIRAS and we receive a lot of help and support from volunteers. So this time, it was up to us to reciprocate the action and to help to restore another organization that also provides service to Intellectual Disability Persons.”

Vitor Borges / Portugal



**HELPING TO RENOVATE A CENTER
IN THE COMMUNITY**



“I want to paint nature pictures with old people.”
Susanne Eichinger / Germany



VISITING A LONELY PERSON



SPENDING TIME WITH AND LISTENING TO THE STORIES OF OTHERS

“I like to listen to the stories and read with other people.”

Ronja Turin-Zelenko / Austria

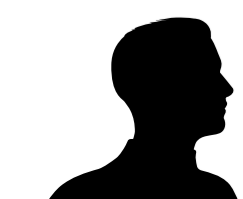




PLAYING GAMES WITH SENIORS IN A HOME FOR THE ELDERLY

“I really like talking, playing cards and the board game “Don’t be angry with me” with the elderly women and men in the Christanger home.”

Stefan Siedersberger / Germany





PLAYING GAMES WITH SENIORS IN A HOME FOR THE ELDERLY

“Playing various games with old people makes me happy.”

Andrea Häuser / Germany



“My dad didn’t think I could do any voluntary work. I can do it and I am happy about it!”

Markus Glunz / Germany





“I like to be helpful, and I love reading and watching DVDs - so my volunteer work in the library is perfect.”

Tobias Ullmann / Germany



HELPING OUT IN THE LOCAL LIBRARY



**EDUCATE STUDENTS ABOUT THE NEEDS
OF PEOPLE WITH DISABILITIES**

“It is very important for me to tell people without disabilities about my needs and my daily life.”

Johann Stadler / Austria





“Annually I participate in the collection of goods in the supermarket, to help my organization, to help my organization. I feel very important to contribute.”

Ana Filipa Moreira / Portugal



COLLECTING PRODUCTS FOR THE ORGANIZATION



SPEAKING UP IN PUBLIC FOR A CAUSE

“For our volunteer work we won an award.
I got this award for us in Berlin.”

Stefan Laszak / Germany

foto: David Heerde



WE HOPE YOU LIKE THE PHOTOBOOK.

**WE HOPE YOU NOW KNOW MORE
ABOUT VOLUNTEERING.**

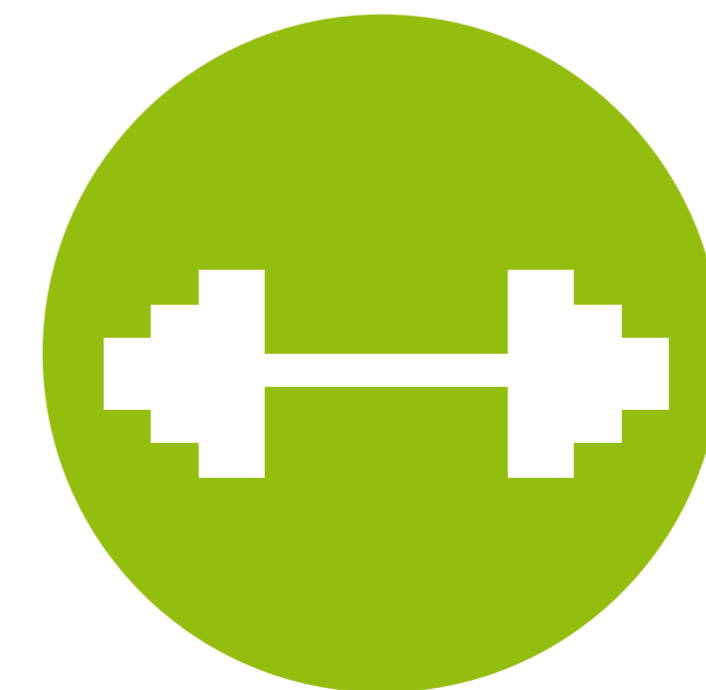
WE HOPE YOU BECOME A VOLUNTEER.

WE WISH YOU ALL THE BEST.

**VOLUNTEERING MAKES YOU FEEL MORE
USEFUL.**

VOLUNTEERING MAKES YOU HAPPY.

VOLUNTEERING MAKES YOU STRONG.



**VOLUNTEERING
IS FOR EVERYONE!**





Who are the people who made this photobook?
We are a group of people from Austria, Czech Republic,
Germany and Portugal.

We work in different organisations.
In our organisations we work with volunteers, and with people
with disabilities.

We strongly believe:

VOLUNTEERING IS FOR EVERYONE!

